

Essex Cross Country Championships

Writtle

02/12/2017

Under 13 Girls

Pos	No	Name	Club	Time	Team Result	
1	626	Natalie Sewell	U13G Havering AC	12: 08	1 Chelmsford AC	14
2	616	Kiera-Jayne Atkinson	U13G Chelmsford AC	13	2 Havering AC	31
3	613	Erin Little	U13G Chelmsford AC	13	3 Southend AC	50
4	614	Nneka Okoh	U13G Chelmsford AC	23	4 Basildon AC	70
5	617	Holy Watson	U13G Chelmsford AC	26	5 Orion Harriers	73
6	654	Jayne Elvin	U13G Thurrock Harriers	36	6 Havering AC 'B'	88
7	630	Matlida Canty	U13G Havering AC	38		
8	627	Chloe Rand	U13G Havering AC	45		
9	647	Ruby Muffett	U13G Southend AC	54		
10	602	Freya Seymour	U13G Basildon AC	58		
11	649	Ruby Samuels	U13G Southend AC	59		
12	639	Maisy Silverstone	U13G Orion Harriers	13: 11		
13	604	Francesca Turner	U13G Basildon AC	19		
14	648	Hannah Warner	U13G Southend AC	24		
15	628	Madeline Barker	U13G Havering AC	27		
16	646	Grace Holmes	U13G Southend AC	29		
17	641	Sophie Foot	U13G Orion Harriers	40		
18	601	Millie Costin	U13G Basildon AC	42		
19	629	Hannah Yexley	U13G Havering AC	47		
20	632	Isobelle O'Connor	U13G Havering AC	52		
21	638	Libby Gosling	U13G Orion Harriers	14: 02		
22	651	Aisling Walters	U13G Southend AC	13		
23	645	Malaika Rahman	U13G Orion Harriers	17		
24	633	Holly Bradley	U13G Havering AC	18		
25	634	Heidi Aylen	U13G Havering AC	23		
26	631	Ava Haythorn	U13G Havering AC	46		
27	640	Matilda Taylor	U13G Orion Harriers	48		
28	609	Lucia de Cristofano	U13G Benfleet Running Club	50		
29	605	Jessica Turner	U13G Basildon AC	50		
30	603	Chloe Trew	U13G Basildon AC	15: 00		
31	619	Rachel Sandercock	U13G Colchester & Tendring AC	04		
32	615	Annabelle Crystal	U13G Chelmsford AC	15		
33	650	Amelia Jones	U13G Southend AC	16: 06		
34	635	Hollie Freeman	U13G Havering AC	08		
35	621	Kaela Swaine	U13G Colchester & Tendring AC	31		
36	637	Ruby Lendon	U13G Havering AC	44		
37	611	Leah Hampson-Long	U13G Benfleet Running Club	17: 28		
38	618	Ellalee Cumner	U13G Colchester & Tendring AC	37		
39	610	Aara Shofiuzzaman	U13G Benfleet Running Club	39		

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02/12/2017

Under 13 Boys

<u>Pos</u>	<u>No</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>	<u>Team Result</u>	
1	31	Matthew Blacklock	U13B Havering AC	11: 20	1 Woodford Green with Essex Ladies	28
2	61	Jimmy Geller	U13B Woodford Green with Essex Ladies	38	2 Chelmsford Athletic Club	55
3	22	Will Steadman	U13B Chelmsford Athletic Club	43	3 Havering AC	62
4	15	Luca McGrath	U13B Cambridge & Coleridge	52	4 Thurrock Harriers	78
5	23	Henry Dover	U13B Colchester & Tendring AC	58	5 Basildon AC	109
6	63	Nathan Wright	U13B Woodford Green with Essex Ladies	12: 00	6 Orion Harriers	113
7	7	Ronan Longman-Young	U13B Benfleet Running Club	13	7 Southend AC	117
8	56	Cassidy Dyke	U13B Thurrock Harriers	15	8 Havering AC 'B'	163
9	67	Luca Gormley	U13B Woodford Green with Essex Ladies	16		
10	42	Matthew Hick	U13B Ilford Athletic Club	21		
11	64	Maxwell Chinn	U13B Woodford Green with Essex Ladies	21		
12	19	William Nuttall	U13B Chelmsford Athletic Club	35		
13	14	Oliver Prince	U13B Braintree AC	36		
14	35	Callum Basinger	U13B Havering AC	41		
15	43	Arthur Ansell	U13B Orion Harriers	50		
16	59	Thomas Peacock	U13B Thurrock Harriers	51		
17	8	Kai Yeldham	U13B Benfleet Running Club	57		
18	1	Harrison Thorpe	U13B Basildon AC	58		
19	17	Lawrence Martin	U13B Chelmsford Athletic Club	59		
20	40	Owen Fisher	U13B Havering AC	13: 00		
21	21	Jacob Alexander	U13B Chelmsford Athletic Club	01		
22	66	Ronan Edwards	U13B Woodford Green with Essex Ladies	03		
23	45	Rio Johnson Wray	U13B Orion Harriers	10		
24	52	Hugo Jones	U13B Southend AC	20		
25	60	Harry Tobin	U13B Thurrock Harriers	21		
26	3	Ben Stokes	U13B Basildon AC	21		
27	39	Joseph Baxter	U13B Havering AC	22		
28	54	Kieran Rodd	U13B Southend AC	33		
29	57	Jack Warren	U13B Thurrock Harriers	34		
30	25	Finn Rattray	U13B Colchester & Tendring AC	35		
31	2	Jack Finn	U13B Basildon AC	37		
32	55	Curtis Dobie	U13B Southend AC	38		
33	53	Harry Elgar	U13B Southend AC	45		
34	6	Alex Hawney	U13B Basildon AC	47		
35	44	Oscar Emery	U13B Orion Harriers	50		
36	16	Onyekachukwu Okoh	U13B Chelmsford Athletic Club	51		
37	37	Ryan McCarthy	U13B Havering AC	14: 02		
38	38	Joshua Lee Prime	U13B Havering AC	03		
39	50	Nathan Hodgson	U13B Southend AC	15		
40	46	Owen Keen	U13B Orion Harriers	15		
41	34	Archie Winney	U13B Havering AC	37		
42	12	Henry Rayner	U13B Billericay Striders	46		
43	58	Noah Trencher	U13B Thurrock Harriers	52		
44	4	Ellis Wright	U13B Basildon AC	15: 12		
45	30	Alex Santos	U13B East Essex Tri	18		
46	13	Alexander Cory	U13B Billericay Striders	19		
47	41	Sam Wilkins	U13B Havering AC	47		
48	29	Ethan Deal	U13B East Essex Tri	16: 39		

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02/12/2017

Under 15 Boys

<u>Pos</u>	<u>No</u>	<u>Name</u>	<u>Club</u>	<u>Time</u>	<u>Team Result</u>	
1	110	Aaron Samuel	U15B Ilford Athletic Club	13: 43	1 Woodford Green with Essex Ladies	27
2	139	Kai Boggon	U15B Woodford Green with Essex Ladies	52	2 Basildon AC	58
3	132	Finnlay Lowe	U15B Thurrock Harriers	14: 08	3 Ilford Athletic Club	59
4	73	Luke Meridew	U15B Basildon AC	09	4 Southend AC	63
5	142	Kieran Allgood	U15B Woodford Green with Essex Ladies	19	5 Chelmsford AC	64
6	89	Matthew Brayshaw	U15B Colchester & Tendring AC	26	6 Havering AC	93
7	143	Rhys Edwards	U15B Woodford Green with Essex Ladies	32	7 Thurrock Harriers	96
8	100	Alex Ford	U15B Havering AC	37	8 Orion Harriers	161
9	121	Matthew Warner	U15B Southend AC	42		
10	82	Ethan Reilly	U15B Chelmsford AC	45		
11	119	Luke Randall	U15B Southend AC	47		
12	88	Harry Ladd	U15B Chelmsford AC	48		
13	140	Sidnie Ward	U15B Woodford Green with Essex Ladies	50		
14	111	Jak Wright	U15B Ilford Athletic Club	55		
15	75	Jamie Rashbrook	U15B Basildon AC	15: 07		
16	144	Charlie Purdy	U15B Southend AC	12		
17	87	Aaron Davis	U15B Chelmsford AC	14		
18	109	Farris Patel	U15B Ilford Athletic Club	16		
19	72	Joshua McGill	U15B Basildon AC	16		
20	71	Daniel Houchell	U15B Basildon AC	17		
21	101	Luke Chester	U15B Havering AC	18		
22	77	Archie Conners	U15B Benfleet Running Club	22		
23	80	Finn McGrath	U15B Cambridge & Coleridge	23		
24	134	Dylan Harrod	U15B Thurrock Harriers	36		
25	83	Scott Thomas	U15B Chelmsford AC	41		
26	108	Bradley Deacon	U15B Ilford Athletic Club	42		
27	129	Jamie Mart	U15B Southend AC	53		
28	92	Samuel Shippey	U15B Colchester & Tendring AC	16: 12		
29	84	Samuel Waite	U15B Chelmsford AC	13		
30	102	Lenny Houston	U15B Havering AC	14		
31	81	Ben Podd	U15B Chelmsford AC	22		
32	98	Kyle Gill	U15B East Essex Tri	27		
33	137	Chander Dhillon	U15B Thurrock Harriers	30		
34	103	Henry Lay	U15B Havering AC	32		
35	112	Nathan Boase	U15B Orion Harriers	33		
36	138	Jamie Mack	U15B Thurrock Harriers	36		
37	113	Tom Callaghan	U15B Orion Harriers	37		
38	131	William Samuels	U15B Southend AC	47		
39	99	William Mayes	U15B East Essex Tri	48		
40	136	Sunny Vehit	U15B Thurrock Harriers	17: 00		
41	90	Michael Knowles	U15B Colchester & Tendring AC	06		
42	78	Liam Peryer	U15B Billericay Striders	32		
43	79	Oscar Piggott	U15B Billericay Striders	18: 31		
44	115	Ethan Georgeson	U15B Orion Harriers	19: 26		
45	117	Joseph Watts	U15B Orion Harriers	28		

Essex Cross Country Championships

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02/12/2017

Under 15 Girls

Pos	No	Name	Club	Time	Team Result
1	661	Megan Harris	U15G Basildon AC	15: 20	1 Basildon AC 14
2	662	Abigail Ives	U15G Basildon AC	34	2 Chelmsford AC 46
3	688	Milly Presland	U15G Colchester Harriers	59	3 Havering AC 53
4	693	Sydney Foley	U15G Havering AC	16: 19	4 Basildon AC 'B' 62
5	666	Sophie Wetheridge	U15G Basildon AC	32	5 Orion Harriers 90
6	663	Hannah Phipps	U15G Basildon AC	42	6 Chelmsford AC 'B' 119
7	717	Wren Jackson	U15G Woodford Green with Essex Ladies	45	7 Thurrock Harriers 130
8	682	Martha Smith	U15G Chelmsford AC	48	
9	703	Sophie Magson	U15G Orion Harriers	49	
10	660	Madison Harris	U15G Basildon AC	51	
11	681	Georgia Tombs	U15G Chelmsford AC	54	
12	680	Hannah Bolton	U15G Chelmsford AC	56	
13	694	Alice Brown	U15G Havering AC	59	
14	700	Lily Bath	U15G Havering AC	59	
15	676	Lauryn Woods	U15G Chelmsford AC	17: 02	
16	659	Daizy Harris	U15G Basildon AC	10	
17	665	Keirra Scott	U15G Basildon AC	19	
18	675	Amelie Maris	U15G Cambridge & Coleridge	21	
19	657	Somiya Aitmarri	U15G Basildon AC	23	
20	679	Tia Coca	U15G Chelmsford AC	35	
21	704	Alex Dawson	U15G Orion Harriers	39	
22	697	Alice Atkins	U15G Havering AC	41	
23	683	Olivier Reilly	U15G Chelmsford AC	47	
24	714	Hannah Peacock	U15G Thurrock Harriers	54	
25	695	Annie Grannell	U15G Havering AC	54	
26	698	Rebecca O'Rourke	U15G Havering AC	57	
27	669	Millie North	U15G Basildon AC	58	
28	687	Madeline Claydon	U15G Colchester Harriers	18: 04	
29	705	Becci Leddy	U15G Orion Harriers	07	
30	664	Hollie Rex	U15G Basildon AC	22	
31	706	Sara El-Khamlichi	U15G Orion Harriers	27	
32	702	Ava Poulson	U15G Havering AC	28	
33	715	Leah Brewer	U15G Thurrock Harriers	19: 00	
34	685	Rebecca Ventre	U15G Colchester & Tendring AC	01	
35	716	Emily Fall	U15G Thurrock Harriers	16	
36	677	Katie Brazier	U15G Chelmsford AC	36	
37	684	Amy Thompson	U15G Colchester & Tendring AC	43	
38	713	Kennedy Beardwell	U15G Thurrock Harriers	50	
39	709	Eve Smith	U15G Orion Harriers	20: 12	
40	678	Tilly Newbrook	U15G Chelmsford AC	34	
41	674	Liz Dean	U15G Billericay Striders	22: 22	
42	689	Hannah Rodgers	U15G Colchester Harriers	24: 16	

Essex Cross Country Championships

Men V50		Writtle		02/12/2017			
Pos	No	Name		Club	Time	Team Result	
1	242	Colin Read	V50	Orion Harriers	30: 07	1 Colchester Harriers	41
2	214	Matthew Bland	V50	Havering AC	16	2 Springfield Striders	42
3	183	Colin Ridley	V50	Colchester Harriers	34	3 Billericay Striders	78
4	262	Paul Dobson	V50	Springfield Striders	56	4 Chelmsford AC	106
5	176	Mick Bridgeland	V50	Chelmsford AC	31: 07	5 Benfleet Running Club	118
6	182	Paul Spowage	V50	Colchester Harriers	19	6 Ilford Athletic Club	123
7	227	Steve Philcox	V50	Ilford Athletic Club	41	7 Thurrock Harriers	126
8	268	Ian Cardy	V50	Springfield Striders	49	8 Orion Harriers	136
9	257	Alex Kyrakides	V50	Southend AC	32: 05	9 Havering AC	140
10	177	Peter Tullett	V50	Chelmsford AC	16	10 Billericay Striders 'B'	142
11	271	Paul Broome	V50	Springfield Striders	22	11 Thrift Green Trotters	169
12	161	Andy Wright	V50	Billericay Striders	24	12 Springfield Striders 'B'	210
13	224	Neil Crisp	V50	Ilford Athletic Club	25	13 Witham Running Club	257
14	159	Robin McCoy	V50	Billericay Striders	41	14 Springfield Striders 'C'	269
15	188	Peter West	V50	Colchester Harriers	42	15 Phoenix Striders	272
16	287	Paul Green	V50	Thurrock Harriers	43	16 Billericay Striders 'C'	313
17	189	Richard Flutter	V50	Colchester Harriers	48	17 Harwich Runners	348
18	180	David Tullett	V50	Chelmsford AC	49	18 Springfield Striders 'D'	350
19	266	Christopher Purse	V50	Springfield Striders	49	19 Ilford Athletic Club 'B'	372
20	243	Neil Swift	V50	Orion Harriers	59	20 Tiptree Road Runners	400
21	302	Leo Cole	V50	Witham Running Club	33: 04	21 Pitsea Running Club	436
22	186	Simon Smith	V50	Colchester Harriers	18		
23	168	Mark Gowers	V50	Billericay Striders	24		
24	149	Nick Rankin	V50	Benfleet Running Club	28		
25	148	Alan Clark	V50	Benfleet Running Club	35		
26	150	Richard Jones	V50	Benfleet Running Club	37		
27	286	Jonathan Metcalf	V50	Thurrock Harriers	39		
28	198	Paul Cates	V50	Eton Manor AC	47		
29	158	Kevin Jacob	V50	Billericay Striders	51		
30	216	Simon Hart	V50	Havering AC	53		
31	278	Keith Thornton	V50	Thrift Green Trotters	56		
32	167	Ian Budge	V50	Billericay Striders	34: 07		
33	285	Eamonn Shelley	V50	Thurrock Harriers	13		
34	157	Dave Butler	V60	Billericay Striders	17		
35	155	Eamonn Brown	V60	Billericay Striders	33		
36	215	Paul Berrett	V50	Havering AC	35		
37	281	Phil Olsen	V50	Thrift Green Trotters	38		
38	267	Kevin Harris	V50	Springfield Striders	35: 00		
39	247	Andrew Morris	V50	Phoenix Striders	03		
40	211	Mark Rutter	V50	Harwich Runners	08		
41	170	Andy Coleman	V50	Billericay Striders	22		
42	225	Andy Catton	V60	Ilford Athletic Club	30		
43	152	Doug Stephens	V50	Benfleet Running Club	48		
44	190	Richard Boden	V50	Colchester Harriers	52		
45	279	Daniel Ward	V50	Thrift Green Trotters	36: 01		
46	197	John Black	V60	Eton Manor AC	02		
47	187	Simon Morgan	V50	Colchester Harriers	04		
48	254	Peter Binns	V70	Southend AC	09		
49	165	Steve Foggo	V50	Billericay Striders	14		
50	290	Gary Cahill	V50	Thurrock Harriers	14		
51	304	Mark Austin	V60	Witham Running Club	18		
52	291	Martin Mack	V50	Thurrock Harriers	23		
53	237	Danny Fitzsimons	V50	Orion Harriers	25		
54	273	Mark Jeffrey	V50	Springfield Striders	26		
55	154	Colin White	V50	Billericay Striders	27		
56	284	Murat Baygeldi	V50	Thrift Green Trotters	49		
57	195	Ian Gill	V60	East Essex Tri	53		
58	275	Julian Catmull	V50	Springfield Striders	55		
59	288	Michael Bumstead	V60	Thurrock Harriers	57		
60	274	Steve Bugden	V50	Springfield Striders	37: 02		
61	230	Terry Knightley	V50	Ilford Athletic Club	15		
62	236	Grant Corton	V50	Orion Harriers	19		
63	272	Dean McLeod	V50	Springfield Striders	23		
64	246	Lee Hazelwood	V50	Phoenix Striders	40		
65	175	Barry Hockley	V50	Castle Point Joggers	43		
66	202	Neil Poulter	V50	Halstead Road Runners	45		
67	269	Ken Hands	V50	Springfield Striders	59		

Essex Cross Country Championships

Men V50		Writtle	02/12/2017			
Pos	No	Name		Club	Time	Team Result
68	233	Greg Wisken	V50	Mid Essex Casuals	38: 02	
69	270	Paul Stukas	V50	Springfield Striders	05	
70	276	Tim Brockington	V60	Springfield Striders	07	
71	312	Alistair Holford	V60	Woodford Green with Essex Ladies	10	
72	219	Darren Priestley	V50	Havering AC	16	
73	179	Kevin Kirby	V50	Chelmsford AC	21	
74	289	Bernard Johnson	V60	Thurrock Harriers	24	
75	171	Ray Selwyn	V60	Castle Point Joggers	49	
76	263	Gary Joslin	V50	Springfield Striders	56	
77	264	Richard Rule	V50	Springfield Striders	59	
78	178	Andrew Stewart	V50	Chelmsford AC	39: 10	
79	282	James MacNish Porter	V50	Thrift Green Trotters	17	
80	226	Anthony Young	V50	Iford Athletic Club	38	
81	203	John Tennant	V60	Harlow Running Club	39	
82	249	Martin Orford	V50	Phoenix Striders	50	
83	151	Stephen Burton	V50	Benfleet Running Club	54	
84	201	Andy Carter	V60	Halstead Road Runners	55	
85	277	Jon Legge	V50	Springfield Striders	40: 13	
86	310	Roger Green	V70	Woodford Green with Essex Ladies	15	
87	248	Colin Wilkinson	V50	Phoenix Striders	18	
88	213	Dennis Warner	V50	Harwich Runners	42	
89	207	Sean Flynn	V50	Harlow Running Club	46	
90	299	Edward Skinner	V60	Tiptree Road Runners	41: 00	
91	250	Roger Everard	V70	Pitsea Running Club	03	
92	303	Gerry Greenwold	V50	Witham Running Club	28	
93	307	Nick Manley	V50	Witham Running Club	42	
94	297	Graeme Moon	V60	Tiptree Road Runners	47	
95	228	Stephen Cheal	V50	Iford Athletic Club	42: 05	
96	200	Frank Gardiner	V60	Great Bentley RC	20	
97	239	Dave Mills	V50	Orion Harriers	31	
98	222	Satha Alaganandasundaram	V50	Iford Athletic Club	43: 00	
99	223	Billy Green	V50	Iford Athletic Club	15	
100	169	Gerry O'Doherty	V60	Billericay Striders	26	
101	212	Kevin Fitchett	V50	Harwich Runners	39	
102	305	Colin Short	V60	Witham Running Club	39	
103	298	Iain Rhodes	V50	Tiptree Road Runners	44: 06	
104	205	Martin McColgan	V60	Harlow Running Club	11	
105	252	James Russell	V60	Pitsea Running Club	15	
106	172	Mike Hayward	V50	Castle Point Joggers	26	
107	181	Stephen Williams	V50	Chelmsford AC	31	
108	232	Brian Butcher	V60	Mid Essex Casuals	36	
109	156	Keith Walker	V70	Billericay Striders	53	
110	163	Mike Wheatley	V60	Billericay Striders	53	
111	258	Dave Girt	V50	Southend AC	45: 02	
112	265	Mark Moughton	V50	Springfield Striders	04	
113	295	Paul Gregory	V50	Tiptree Road Runners	46: 20	
114	280	Melvyn Cooper	V50	Thrift Green Trotters	38	
115	253	David Davidson	V50	Pitsea Running Club	49	
116	300	Paul Graves	V60	Tiptree Road Runners	58	
117	245	Duncan Russell	V50	Phoenix Striders	47: 37	
118	306	Dave Beckerleg	V60	Witham Running Club	49: 01	
119	209	Julian Cordwell	V60	Harwich Runners	15	
120	210	Glyn Peck	V70	Harwich Runners	19	
121	166	Jim Rourke	V50	Billericay Striders	53	
122	294	Jeffrey Fairfull	V70	Tiptree Road Runners	50: 22	
123	162	Ernie Easterby	V70	Billericay Striders	59: 18	
124	292	Roger Duffield	V70	Tiptree Road Runners		
125	251	Peter McLaughlin	V60	Pitsea Running Club		

Essex Cross Country Championships

Veteran Women		Writtle		02/12/2017			
Pos	No	Name	Club	Time		Team Result	
1	853	Elizabeth Davies	V35 Springfield Striders	29: 41		1 Saffron Striders	40
2	722	Rachel Wiseman	V35 Basildon AC	31: 15		2 Springfield Striders	56
3	738	Sally Judd	V35 Chelmsford AC	32: 09		3 Colchester Harriers	62
4	737	Rebecca Luxton	V35 Chelmsford AC	45		4 Harwich Runners	107
5	746	Laura Shewbridge	V35 Colchester Harriers	33: 04		5 Chelmsford AC	121
6	858	Samantha Barnes Bilbie	V35 Springfield Striders	18		6 Orion Harriers	132
7	834	Marianne Naylor	V35 Saffron Striders	51		7 Tiptree Road Runners	154
8	739	Wendy King	V45 Chelmsford AC	53		8 Southend AC	154
9	832	Rebecca White	V35 Saffron Striders	34: 10		9 Havering AC	173
10	835	Fiona Halls	V35 Saffron Striders	24		10 Springfield Striders 'B'	194
11	793	Debbie Appleton	V45 Havering AC	47		11 Billericay Striders	204
12	789	Kate Hodgkiss	V35 Harwich Runners	35: 10		12 Halstead Road Runners	214
13	744	Denise Morley	V45 Colchester Harriers	12		13 Colchester Harriers 'B'	214
14	833	Stefanie Godfrey	V45 Saffron Striders	19		14 Eton Manor AC	231
15	768	Sarah Flanagan	V35 Eton Manor AC	36: 00		15 Ilford Athletic Club	235
16	720	Louise Douglass	V35 Basildon AC	41		16 Benfleet Running Club	259
17	875	Danielle Harrington	V35 Tiptree Road Runners	42		17 Springfield Striders 'C'	284
18	748	Debbie Cattermole	V45 Colchester Harriers	45		18 Tiptree Road Runners 'B'	384
19	815	Hayley Rogerson	V35 Orion Harriers	37: 02		19 Pitsea Running Club	393
20	784	Rachael Roughan	V35 Halstead Road Runners	05		20 Phoenix Striders	415
21	723	Jacqui Watson	V45 Benfleet Running Club	16		21 Tiptree Road Runners 'C'	452
22	857	Polly Bridgman	V35 Springfield Striders	20			
23	788	Maddie Lewis	V35 Harwich Runners	22			
24	775	Zoe Woodward	V45 Eton Manor AC	25			
25	836	Anne Jenkinson	V45 Southend AC	28			
26	747	Annette Oakman	V45 Colchester Harriers	32			
27	859	Rebecca Pitman	V55 Springfield Striders	37			
28	792	Claudine Benstead	V55 Harwich Runners	49			
29	776	Vicky Presland	V35 Great Bentley RC	59			
30	741	Ellie Cumner	V35 Colchester Harriers	38: 14			
31	813	Lorraine Gosling	V35 Orion Harriers	29			
32	860	Nicola Ranson	V45 Springfield Striders	41			
33	794	Joanne Sullivan	V35 Havering AC	43			
34	884	Tracy Harrington	V45 Tiptree Road Runners	46			
35	868	Jodie Farrell	V45 Thurrock Harriers	58			
36	838	Sue Cribbs	V45 Southend AC	39: 00			
37	805	Breege Nordin	V55 Ilford Athletic Club	02			
38	785	Caroliena Cameron	V45 Halstead Road Runners	15			
39	844	Vanessa Mathers	V45 Southend AC	27			
40	818	Pippa Dowswell	V45 Orion Harriers	29			
41	849	Emily Smith	V35 Springfield Striders	34			
42	819	Alison Taylor	V35 Orion Harriers	49			
43	806	Nicola Hopkinson	V55 Ilford Athletic Club	51			
44	791	Karen Stapleton	V35 Harwich Runners	40: 07			
45	731	Clare Worley	V35 Billericay Striders	08			
46	733	Ruth Havis	V35 Billericay Striders	12			
47	752	Jenny Richardson	V55 Colchester Harriers	14			
48	777	Geraldine Springett	V35 Great Bentley RC	16			
49	730	Chris Deacon	V55 Billericay Striders	24			
50	877	Morven Hurdling	V35 Tiptree Road Runners	28			
51	810	Paula Purtell	V45 Mid Essex Casuals	37			
52	745	Rachel Taylor	V45 Colchester Harriers	45			
53	873	Katrina Finch	V35 Tiptree Road Runners	58			
54	845	Rebecca Taylor	V45 Southend AC	41: 04			
55	760	Fiona Critchley	V45 East London Runners	37			
56	795	Angela Thompson	V35 Havering AC	42: 10			
57	814	Andrea MacQueen	V55 Orion Harriers	19			
58	888	Angela Manley	V45 Witham Running Club	20			
59	856	Nicky Hands	V35 Springfield Striders	24			
60	761	Maud Hodson	V45 East London Runners	34			
61	869	Sue Beck	V35 Thurrock Harriers	40			
62	852	Donna Hindle	V45 Springfield Striders	48			
63	790	Alison Evans	V55 Harwich Runners	49			
64	732	Jo Ling	V45 Billericay Striders	52			
65	850	Lynn Taner	V65 Springfield Striders	56			
66	848	Sharon Bannister	V45 Springfield Striders	43: 03			
67	735	June Freed	V35 Castle Point Joggers	04			

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Veteran Women		Writtle	02/12/2017			Team Result
Pos	No	Name	Club	Time		
68	734	Wendy Read	V65 Billericay Striders	04		
69	851	Deborah Hitching	V35 Springfield Striders	05		
70	889	Rachel Pearsons	V35 Witham Running Club	14		
71	726	Annette Johnson	V45 Benfleet Running Club	15		
72	725	Liane Conners	V35 Benfleet Running Club	18		
73	796	Juliet Ward	V45 Havering AC	25		
74	802	Gaye Van Der Vyver	V45 Ilford Athletic Club	26		
75	787	Elspeth Knott	V65 Harwich Runners	34		
76	820	Jo Pearce	V45 Phoenix Striders	36		
77	782	Anna Bambridge	V35 Halstead Road Runners	50		
78	839	Debbielyn Hallam	V45 Southend AC	54		
79	786	Wendy Carter	V45 Halstead Road Runners	44: 15		
80	758	Sue Mayes	V45 East Essex Tri	19		
81	801	Dianne Crisp	V55 Ilford Athletic Club	23		
82	876	Stacy Hember	V45 Tiptree Road Runners	36		
83	890	Sasha Rush	V35 Witham Running Club	37		
84	855	Isobel Gowers	V35 Springfield Striders	38		
85	756	Louise Yates	V35 Colchester Harriers	45		
86	778	Debs Cee	V35 Great Bentley RC	49		
87	809	Lorna Pettifer	V45 Mid Essex Casuals	59		
88	766	Fen Coles	V45 Eton Manor AC	45: 18		
89	812	Hayley Barron	V45 Orion Harriers	20		
90	780	Nicole Smith	V45 Halstead Road Runners	29		
91	862	Elaine Tribley	V55 Springfield Striders	46: 00		
92	825	Elizabeth Cox	V35 Phoenix Striders	19		
93	885	Sue Archer	V45 Tiptree Road Runners	37		
94	828	Helen Williams	V55 Pitsea Running Club	47: 09		
95	727	Laura Williams	V45 Benfleet Running Club	15		
96	797	Tracy O'Neill	V45 Havering AC	28		
97	783	Val Kerrison	V55 Halstead Road Runners	32		
98	827	Caroline Wallis	V45 Pitsea Running Club	33		
99	854	Nichola Norman	V45 Springfield Striders	35		
100	826	Angela Smith	V35 Pitsea Running Club	43		
101	830	Marion Breeze	V55 Pitsea Running Club	55		
102	874	Zoe Gould	V45 Tiptree Road Runners	48: 03		
103	750	Rachel Rodgers	V35 Colchester Harriers	13		
104	767	Hayley Dalton	V45 Eton Manor AC	31		
105	811	Julie Peacock	V55 Mid Essex Casuals	39		
106	740	Tracy Minton	V55 Chelmsford AC	43		
107	883	Lindsey Visagie	V35 Tiptree Road Runners	49: 05		
108	871	Kim Broughton	V45 Tiptree Road Runners	10		
109	829	Gillian Harrison	V55 Pitsea Running Club	15		
110	872	Tina Clarke	V45 Tiptree Road Runners	20		
111	763	Diana Rexhepaj	V35 East London Runners	24		
112	864	Jackie Woodroffe	V55 Thrift Green Trotters	31		
113	861	Lynne Garey	V55 Springfield Striders	36		
114	773	Jane Stichbury	V45 Eton Manor AC	50: 4		
115	870	Julia Bawden	V55 Tiptree Road Runners	8		
116	816	Gill Scott	V55 Orion Harriers	11		
117	846	Tricia Holmes	V35 Southend AC	32		
118	865	Jill Thorne	V45 Thrift Green Trotters	38		
119	878	Christine King	V55 Tiptree Road Runners	51: 16		
120	882	Joanne Roblin	V35 Tiptree Road Runners	46		
121	879	Larina Marsh	V45 Tiptree Road Runners	52: 48		
122	803	Launa Bradley	V45 Ilford Athletic Club	53: 59		
123	823	Jackie Bushnell	V35 Phoenix Striders	54: 12		
124	822	Nicola Burston	V45 Phoenix Striders	13		
125	886	Mandy Graves	V55 Tiptree Road Runners	56: 45		
126	804	Sheila Sinclair	V45 Ilford Athletic Club	58: 31		
127	807	Pam Jones	V65 Ilford Athletic Club	43		
128	821	Natalie Gorham	V35 Phoenix Striders	59: 29		

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Men V40		Writtle		02/12/2017			
Pos	No	Name	Club	Time		Team Result	
1	322	Crispian Bloomfield	V40 Billericay Striders	27: 55	1	Colchester Harriers	48
2	387	Lee Taylor	V40 Southend AC	28: 54	2	Orion Harriers	54
3	386	Christian Holmes	V40 Southend AC	29: 02	3	Havering AC	70
4	364	Steve Rand	V40 Havering AC	10	4	Springfield Striders	71
5	361	Stephen Peck	V40 Harwich Runners	24	5	Benfleet Running Club	119
6	371	Malcolm Muir	V40 Ilford Athletic Club	26	6	Southend AC	131
7	336	Allen Smalls	V40 Colchester Harriers	41	7	Billericay Striders	133
8	337	Richard Heath	V40 Colchester Harriers	51	8	Colchester Harriers 'B'	140
9	315	Andrew Low	V40 Benfleet Running Club	54	9	Thurrock Harriers	160
10	381	Nick Shasha	V40 Orion Harriers	56	10	Springfield Striders 'B'	169
11	377	Barny Foot	V40 Orion Harriers	59	11	Orion Harriers 'B'	185
12	372	Adam Baker	V40 Orion Harriers	30: 01	12	Witham Running Club	193
13	362	Jason Lendon	V40 Havering AC	05			
14	397	Antony Goodall	V40 Springfield Striders	26			
15	334	Paul Rodgers	V40 Colchester Harriers	27			
16	400	Greg Deacon	V40 Springfield Striders	29			
17	395	Lee Martin	V40 Springfield Striders	32			
18	338	Jon Nears	V40 Colchester Harriers	34			
19	422	Heydon Mizon	V40 Witham Running Club	36			
20	407	Scott Rice	V40 Thurrock Harriers	37			
21	382	Adrian Smith	V40 Orion Harriers	38			
22	369	Stephen Dukalow	V40 Havering AC	43			
23	316	Terence Spooner	V40 Benfleet Running Club	45			
24	396	Scott Dryden	V40 Springfield Striders	48			
25	350	Ged McMillan	V40 Colchester Harriers	52			
26	398	Sebastian Maguire	V40 Springfield Striders	31: 02			
27	357	Russ Sharp	V40 Great Bentley RC	10			
28	331	Robin Tubbs	V40 Chelmsford AC	17			
29	378	Declan Hamblin	V40 Orion Harriers	31			
30	343	James Waterson	V40 Colchester Harriers	40			
31	363	Martin Chester	V40 Havering AC	45			
32	318	Graham Booty	V40 Benfleet Running Club	52			
33	383	Tim Wright	V40 Orion Harriers	58			
34	408	Keith Willett	V40 Thurrock Harriers	32: 33			
35	365	Gary Atkins	V40 Havering AC	38			
36	401	Adam Hutton	V40 Springfield Striders	42			
37	345	Kevin Higgins	V40 Colchester Harriers	46			
38	367	Graham Hogan	V40 Havering AC	48			
39	406	Peter Barrett	V40 Thrift Green Trotters	50			
40	353	Richard Barker	V40 Eton Manor AC	33: 13			
41	321	Simon Lashmar	V40 Billericay Striders	15			
42	351	Andrew Baxter	V40 East London Runners	18			
43	366	Steve Walker	V40 Havering AC	28			
44	323	Lloyd Miles	V40 Billericay Striders	33			
45	410	Nick Trencher	V40 Thurrock Harriers	41			
46	418	Dan Beckerleg	V40 Witham Running Club	44			
47	327	Spencer Welch	V40 Billericay Striders	54			
48	342	Keith marley	V40 Colchester Harriers	34: 05			
49	399	Peter Chubb	V40 Springfield Striders	07			
50	339	Craig Mitchell	V40 Colchester Harriers	33			
51	330	Richard Bonham	V40 Castle Point Joggers	42			
52	332	Peter Waite	V40 Chelmsford AC	54			
53	394	Jeff Bolton	V40 Southend AC	35: 01			
54	325	Matt Stenning	V40 Billericay Striders	06			
55	319	Ian Pike	V40 Benfleet Running Club	20			
56	375	Stuart Colley	V40 Orion Harriers	28			
57	358	Simon Humphrey	V40 Halstead Road Runners	38			
58	403	Neil Wildin	V40 Springfield Striders	44			
59	356	Robert Somerville	V40 Eton Manor AC	45			
60	421	Lee Pembroke	V40 Witham Running Club	53			
61	411	Paul Mitchell	V40 Thurrock Harriers	36: 06			
62	329	Rick Wade	V40 Castle Point Joggers	10			
63	412	Steve Ball	V40 Thurrock Harriers	26			
64	370	Dennis Briggs	V40 Ilford Athletic Club	36			
65	354	Stephen Dunn	V40 Eton Manor AC	50			
66	324	Nick Jelly	V40 Billericay Striders	56			
67	379	Benjamin Fisher	V40 Orion Harriers	58			

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Men V40		Writtle	02/12/2017			
Pos	No	Name	Club	Time		<u>Team Result</u>
68	420	Tony Wallen	V40 Witham Running Club	37: 00		
69	374	Stephen Bennett	V40 Orion Harriers	27		
70	415	Mark Lawes	V40 Tiptree Road Runners	32		
71	414	Andrew Conway	V40 Tiptree Road Runners	33		
72	419	Alex Stuckey	V40 Witham Running Club	44		
73	388	Mat Gillard	V40 Southend AC	57		
74	384	Paul Agastina	V40 Phoenix Striders	38: 06		
75	349	Richard Millward	V40 Colchester Harriers	21		
76	360	Matt Doran	V40 Harwich Runners	40: 32		
77	326	Laurence Harrison	V40 Billericay Striders	38		
78	385	Robert Smith	V40 Pitsea Running Club	41: 18		
79	359	Richard Tiller	V40 Halstead Road Runners	55		